



World Shin Karate Organization
全世界真空手連盟
SYLLABUS

Black Belt 1st-dan Shodan

14 Techniques
Morote Haito Uchi
Haito Uchi
Morote Kake Uchi
Osae Uke
Kake Geri Kakato
Kake Geri Thusoku
Ushiro Mawashi Geri



SANCHIN DACHI



Haito
Inner Knife Hand



1
MOROTE HAITO UCHI JODAN
right

STRIKES



2
MOROTE HAITO UCHI CHUDAN
left



3
HAITO UCHI JODAN
right



4
HAITO UCHI CHUDAN
left



5
HAITO UCHI GEDAN
right

BLOCKS

KICKS



6
MOROTE KAKE UKE
JODAN
left



7
OSAE UKE
right



8
KAKE GERI KAKATO
JODAN
left



into **FIGHTING**
STANCE



9
KAKE GERI KAKATO
CHUDAN
right



into **FIGHTING**
STANCE

KICKS



10

**KAKE GERI CHUSOKU
JODAN**
left



into **FIGHTING
STANCE**



11

spin
**KAKE GERI THUSOKU
CHUDAN** right



into **FIGHTING
STANCE**



12

spin
**USHIRO MAWASHI GERI
JODAN**
left



into **FIGHTING
STANCE**

KICKS



13

spin
**USHIRO MAWASHI GERI
CHUDAN**
right



into **FIGHTING
STANCE**



14

spin
**USHIRO MAWASHI GERI
GEDAN**
left



into **FIGHTING
STANCE**



**STEP BACK
INTO
SANCHIN
DACHI**



World Shin Karate Organization

全世界真空手連盟

SYLLABUS

1-kyu

12 Techniques

Ryutoken Tsuki

Nakayubi Ipponken

Oyayubiken

Kake Uke

Haito Uchi

Uchi Haisoku Geri

Oroshi Kakato Geri

Tobi Yoko Geri



SANCHIN DACHI



1

RYUTOKEN TSUKI JODAN

right



2

RYUTOKEN TSUKI CHUDAN

left

STRIKES



Nakayubi Ipponken
One Knuckle Fist



3

NAKAYUBI IPPON KEN JODAN

right



4

NAKAYUBI IPPON KEN CHUDAN

left



Oyayubi Ipponken
Thumb Knuckle Fist



5

OYAYUBI IPPON KEN JODAN

right



6

OYAYUBI IPPON KEN CHUDAN

left

BLOCKS



7
KAKE UKE JODAN
right



8
CHUDAN HAITO UCHI UKE
left

KICKS



9
JODAN UCHI HAIKOKU GERI
right



10
FUJODACHI



OROSHI UCHI KAKATO GERI
left



11
FUJODACHI



OROSHI SOTO KAKATO GERI
right

KICKS



12
FUJODACHI



TOBI YOKO GERI
left



into FIGHTING STANCE



RETURN TO
SANCHIN DACHI



World Shin Karate Organization

全世界真空手連盟

SYLLABUS

2-dan Nidan

10 Techniques

Toho Uchi

Keiko Uchi

Ippon Nukite

Hiji Uke

Shotei Morote Uke

Tobi Ushiro Geri

Tobi Ushiro Mawashi Geri

Tobi Mawashi Geri

Age Kakato Ushiro Geri



SANCHIN DACHI



Toho
Sword Peak Hand



1
TOHO UCHI UCHI JODAN
right

STRIKES



Keiko
Chiken Beak Fist



2
KEIKO UCHI
left



Ippon Nukite
One Finger



3
IPPON NUKITE
right

BLOCKS



4
STEP BACK INTO KIBA DACHI HIJI UKE CHUDAN
left



5
SHOTEI MOROTE GEDAN UKE



6
SHUTO MOROTE GEDAN UKE

KICKS



7
SPIN
TOBI USHIRO GERI
left



FIGHTING STANCE



8
SPIN
TOBI USHIRO MAWASHI GERI
right



FIGHTING STANCE

KICKS



9
TOBI MAWASHI GERI
FRONT LEG
left



FIGHTING STANCE



10
spin
AGE KAKATO USHIRO GERI
right



TURN BACK INTO
SANCHIN DACHI



World Shin Karate Organization
全世界真空手連盟

SYLLABUS

2-kyu

Hiraken
 14 Techniques
 Shuto Uchi
 Hiraken Tsuki
 Haisho Uchi
 Age Tsuki
 Koken Uke
 Tobi Nidan Geri
 Tobi Mae Geri



HIRAKEN TSUKI JODAN
right



HIRAKEN TSUKI CHUDAN
left

STRIKES



HIRAKEN OROSHI UCHI
right



HIRAKEN MAWASHI UCHI
left



HAISHO JODAN
right

STRIKES

BLOCKS



HAISHO CHUDAN
left



AGO JODAN TSUKI
right



KOKEN UKE JODAN
left



KOKEN UKE CHUDAN
right



KOKEN UKE GEDAN
left

KICKS



11

TOBI NIDAN GERI
right/left



12

FIGHTING STANCE
left leg forward



TOBI MAE GERI 1
Front Leg for Height
left



13

FIGHTING STANCE
left leg forward



TOBI MAE GERI 2
Back Leg for Distance
left

KICKS



14

FIGHTING STANCE
left leg forward



TOBI MAE GERI 3
Back Leg
right



FIGHTING STANCE
Right leg forward



RETURN TO



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全世界真空手連盟

SYLLABUS

3-kyu

Hiji or Empi

12 Techniques

Hiji Ate
Shuto Juji
Kakato Geri
Ago Geri



SANCHIN DACHI



1 CHUDAN HIJI ATE
right

STRIKES



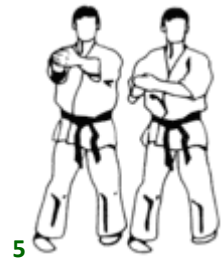
2 CHUDAN MAE HIJI ATE
left



3 AGE HIJI ATE JODAN
right

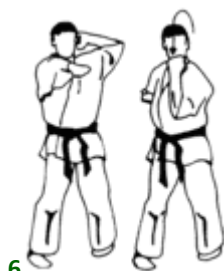


4 AGE HIJI ATE CHUDAN
left



5 USHIRO HIJI ATE
right

STRIKES



6 OROSHI HIJI ATE
left



7 SHUTO JUJI UKE JODAN
right

BLOCKS



8 SHUTO JUJI UKE GEDAN
left

KICKS



FUDO DACHI



9
MAE KAKATO GERI JODAN
right



FUDO DACHI



10
MAE KAKATO GERI CHUDAN
left

KICKS



FUDO DACHI



11
MAE KAKATO GERI GEDAN
right



12
JODAN AGO GERI
left



Return to
SANCHIN DACHI



World Shin Karate Organization

全世界真空手連盟

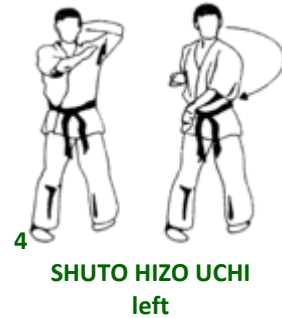
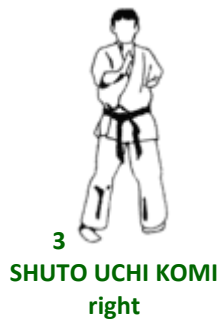
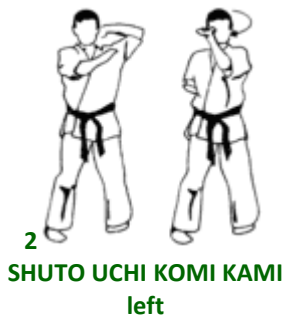
SYLLABUS

4-kyu

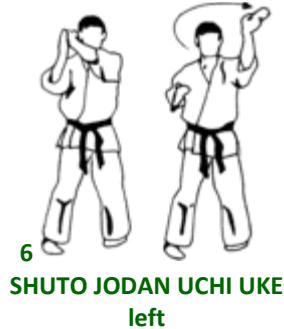
Shuto
15 Techniques
Shuto Uchi
Shuto Uke
Yoko Geri
Mawashi Geri
Chusoku
Mawashi Geri
Haisoku
Ushiro Geri



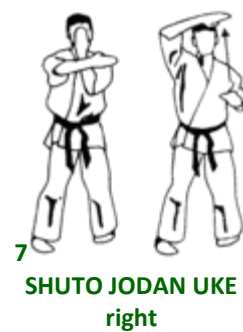
STRIKES



STRIKES



BLOCKS



BLOCKS



SHUTO CHUDAN UCHI UKE
left

SHUTO CHUDAN SOTO UKE
right

SHUTO MAE GEDAN BARAI
left

BLOCKS



11

SHUTO MAWASHI UKE (In Sanchin Dachi)
right

KICKS



12

JODAN JOKO GERI
left



FUDO DACHI



13

JODAN MAWASHI GERI CHUSOKU
right



FUDO DACHI

KICKS



14

JODAN MAWASHI GERI HAISOKU
left



FUDO DACHI



15

JODAN USHIRO GERI
right



**Return to
SANCHIN DACHI**



World Shin Karate Organization

全世界真空手連盟

SYLLABUS

5 KYU

STRIKES

Shotei
12 Techniques
Shotei Uchi
Hiji Ate
Shotei Uke
Mawashi Geri
Haisoku
Mawashi Geri
Chusoku
Ushiro Geri



SANCHIN DACHI



**SHOTEI
Palm Heel**



**1
SHOTEI UCHI JODAN
right**



**2
SHOTEI UCHI CHUDAN
left**

STRIKES



**3
SHOTEI UCHI
GEDAN
right**



**4
JODAN HIJI
ATE
left**



**5
SHOTEI UKE
JODAN
right**



**6
SHOTEI UKE
CHUDAN
left**



**7
SHOTEI UKE
GEDAN
right**

BLOCKS

KICKS



**8
CHUDAN MAWASHI GERI HAISOKU FUDO DACHI CHUDAN MAWASHI GERI CHUSOKU FUDO DACHI
left . right .**

KICKS



**10
Step across**



Spin



Kick left



FUDO DACHI

USHIRO GERI CHUDAN
Method 1: Step across

KICKS



11
Spin



Kick right



FUDO DACHI



12
Moro Ashi Dachi
left

USHIRO GERI CHUDAN
Method 2: Spin

KICKS



Step forward into
Kake Dachi



Kick
left



Step back into
Kake Dachi



Step back into
Moro Ashi Dachi
right



Return to
SANCHIN DACHI

USHIRO GERI CHUDAN



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SYLLABUS

6-KYU

14 Techniques
Kiba Dachi
Uraken Uchi
Nukite
Juji Uke
Mawashi Geri Haisoku
Mawashi Geri Chusoku
Kansetsu Geri
Yoko Geri



SANCHIN DACHI



URAKEN
 (INVERTED FIST)

Strike with the first 2 knuckles



1
 URAKEN GANMEN UCHI
 right

STRIKES



2
 URAKEN SAYU GANMEN UCHI
 left



3
 URAKEN HIZO UCHI
 right

STRIKES



4
 URAKEN OROSHI GANMEN UCHI
 left



5
 URAKEN MAWASHI UCHI
 right

STRIKES

NIHON NUKITE
 Thumb braced against index
 finger.
 Middle finger braced against
 remaining 2 fingers
 YONHON NUKITE
 Fingers tips aligned, width
 fingers pulled tightly
 together and the palm
 broadened for strength.



6
 NIHON NUKITE (ME
 TSUKI)
 left



7
 YONHON NUKITE
 JODAN
 right



8
 YONHON NUKITE
 CHUDAN
 left

BLOCKS



9

SEIKEN JUJI UKE JODAN



10

SEIKEN JUJI UKE GEDAN

KICKS



HAISOKU
(INSTEP)



11

MAWASHI GEDAN GERI HAISOKU
right



12

MAWASHI GEDAN GERI CHUSOKU
left

KICKS



SOKUTO KNIFE FOOT
(ASHIGATANA)



13

KANSETSU GERI (SOKUTO)
right



14

CHUDAN JOKO GERI (SOKUTO)
left



RETURN TO
SANCHIN DACHI



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SYLLABUS

8th KYU

10 Techniques

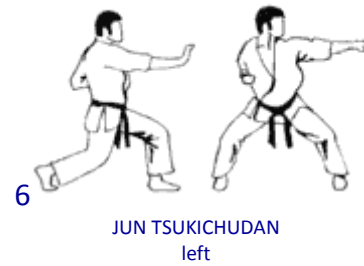
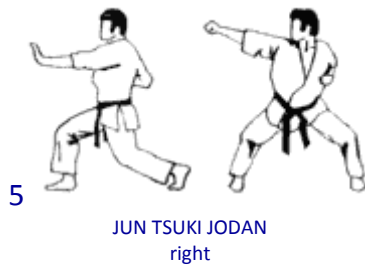
Tate Tsuki
Shita Tsuki
Jun Tsuki
Morote Uchi Uke
Uchi Uke Gedan Barai
Mae Geri



STRIKES



STRIKES



STRIKES



BLOCKS



KICKS





World Shin Karate Organization

全世界真空手連盟

SYLLABUS

15 Techniques

Tettsui Uchi
Mawashi Gedan Barai
Shuto Mawashi Uke
Ke age

STRIKES



SANCHIN DACHI



TETTSUI
HAMMER FIST



1
TETTSUI OROSHI
GANMEN UCHI
right



2
TETTSUI
KOME KAMI
left

7th KYU

STRIKES



3
TETTSUI
HIZO UCHI
right



4
TETTSUI MAE
YOKO UCHI JODAN
left



5
TETTSUI MAE
YOKO UCHI CHUDAN
right



6
TETTSUI MAE
YOKO UCHI GEDAN
left

STRIKES



7
TETTSUI YOKO
UCHI JODAN
right



8
TETTSUI YOKO
UCHI CHUDAN
left



9
TETTSUI YOKO
UCHI GEDAN
right

BLOCKS

KICKS



10
SEIKEN MAWASHI
GEDAN BARAI
right



11
SHUTO MAWASHI UKE
(IN KOKUTSU DACHI)



12
MAE CHUSOKU
KE AGE
left



13
TEISOKU MAWASHI
SOTO KE AGE
right

KICKS



14
HAISOKU MAWASHI
UCHI KE AGE
left



15
SOKUTO YOKO
KE AGE
right



RETURN TO
SANCHIN DACHI



World Shin Karate Organization

全世界真空手連盟

SYLLABUS

9 Kyu

STRIKES

Seiken
7 Techniques

Santin Dachi
Ago Uchi
Gyaku Tsuki
Uchi Uke
Soto Uke
Mae Geri Chusoku



SANCHIN DACHI



1

SEIKEN AGO UCHI
right

STRIKES



2

SEIKEN GYAKU
TSUKI JODAN
left



3

SEIKEN GYAKU
TSUKI CHUDAN
right



4

SEIKEN GYAKU
TSUKI GEDAN
left



5

SEIKEN CHUDAN
UCHI UKE
right



6

SEIKEN CHUDAN
SOTO UKE
left

KICKS



CHUSOKU
Ball of the foot



7

CHUDAN MAE GERI CHUSOKU
right



RETURN TO
SANCHIN DACHI



World Shin Karate Organization

全世界真空手連盟

SYLLABUS

10 Kyu

STRIKES

Seiken
7 Techniques

Santin Dachi
Ago Uchi
Gyaku Tsuki
Uchi Uke
Soto Uke
Mae Geri Chusoku



SANCHIN DACHI



1

SEIKEN AGO UCHI
right

STRIKES



2

SEIKEN GYAKU
TSUKI JODAN
left



3

SEIKEN GYAKU
TSUKI CHUDAN
right



4

SEIKEN GYAKU
TSUKI GEDAN
left



5

SEIKEN CHUDAN
UCHI UKE
right

BLOCKS



6

SEIKEN CHUDAN
SOTO UKE
left

KICKS



CHUSOKU
Ball of the foot



7

CHUDAN MAE GERI CHUSOKU
right



RETURN TO
SANCHIN DACHI